



BANORA POINT HIGH SCHOOL CANTEEN MENU

Items are available for purchase over the counter during recess and lunch but often sell out fast. To ensure you don't miss out, we encourage students to place an order online using the Flexischools app or at the canteen counter before 8.30am. We open from 8am and EFTPOS facilities are available.

Banora Point High School offers a menu designed to encourage healthy eating habits. Please advise of any allergies and we will be only too happy to assist.

NSW Government requires all NSW schools to comply with the Healthy School Canteen strategy and we are compliant with this policy. This menu may be subject to change to meet these requirements.

SANDWICHES, WRAPS & ROLLS

Vegemite, honey or cheese	\$3.00
Salad	\$5.50
lettuce, carrot, tomato, beetroot, onion, alfalfa	
Egg plain or curried with lettuce	\$6.00
Lean ham or chicken breast	\$7.50
with seasonal salad	
Tuna or salmon	\$8.00
with seasonal salad	
Add egg	\$1.50
Add avocado	\$1.50
Toasties- ham/cheese or chicken/cheese	\$4.00

FRESH BOWLS

Fresh seasonal fruit bowls	\$4.50
Fresh salad bowls	\$5.50
lettuce, carrot, tomato, beetroot, corn, onion, cheese & alfalfa with choice of balsamic dressing or mayo	
Add egg	\$1.50
Add avocado	\$1.50
Add chicken or lean ham	\$2.00
Add tuna or salmon	\$2.50

LOADED WRAPS

Sweet Chilli Wrap	\$5.50
sweet chilli tender, lettuce, cheese and tomato with sweet chilli sauce wrapped in a tortilla wrap	
Kentucky Wrap	\$6.50
kentucky style chicken tenderloin, bacon, lettuce, cheese and tomato with creamy herb mayo wrapped in a tortilla wrap	

Chipotle Wrap	\$6.50
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chicken tenderloin, bacon, lettuce, cheese and tomato with tasty chipotle mayo wrapped in a tortilla wrap

QUICHES

Ham and egg quiche	\$8.50
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crustless quiche freshly made with eggs, cheese and lean ham, salt and pepper.

Vegetarian quiche	\$8.50
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crustless quiche freshly made with eggs, cheese, tomato, corn and salt and pepper.

BURGERS

Cheeseburger	\$5.50
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100% beef patty with cheese and choice of sauce

Bacon & egg roll with choice of sauce	\$4.50
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Chicken Burger	\$6.00
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Lettuce, cheese, tomato, chicken patty & mayo

Hamburger	\$6.00
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100% beef patty, lettuce, cheese, tomato with choice of sauce

Vegie Burger	\$6.00
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Falafel patties, lettuce, cheese, tomato with choice of sauce

Kentucky Burger	\$6.50
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Kentucky tenderloin, bacon, lettuce, cheese tomato herb mayo

Beef Cheese & Bacon Burger	\$6.00
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100% beef patty with cheese, bacon and BBQ sauce

Sauces available - BBQ, tomato, whole egg mayo, creamy herb mayo, sweet chilli sauce, chipotle mayo, hot chilli or aioli.

SNACKS AND COUNTER ITEMS

Garlic bread	\$1.00
Pizza sub- bread roll based	\$1.50
Fresh 35g mini muffin	\$1.00
Cheesymite scroll	\$3.50
Noodle cup beef or chicken	\$3.50
Chicken chippies cup (6)	\$4.00
Chips - Red Rock Deli - sea salt	\$2.50
Jelly Cups - Lime or Raspberry - diet	\$0.50
Fresh sushi	\$4.00

chicken & avocado, chicken & teriyaki, tuna avocado, chicken karaage, vegetable tempura

HOT FOODS

Beef Cheese & Bacon Pie	180g	\$5.50
Beef Curry Pie	180g	\$5.50
Feta & Spinach Roll	120g	\$5.00
Plain Pies	180g	\$5.50
Sausage Roll	120g	\$5.00

DRINKS

Water large	\$3.00
Water small	\$2.50
Up & Go	\$3.00
Juice Bomb 250ml	\$3.00
Juice Bomb 500ml	\$5.00
Chill Ice Tea 500ml	\$4.50
Chill Aloe	\$4.50
Flavoured milks small	\$4.00
Ice Break Coffee	\$5.00
Juice Poppers	\$1.50

FROZEN TREATS

Quelch	\$0.50
Ice cups	\$1.00
Snap stix	\$1.50

DAILY MENU

Monday	Roast roll \$5.50 Roast beef and gravy or roast chicken and gravy
Tuesday	Chicken cheese & avocado toasted Turkish bread \$5.50 or Ham & cheese toasted Turkish bread \$5.00
Wednesday	Brekkie Wrap \$6.50 Bacon & egg with McCain hashbrown, lettuce, grated cheese, tomato, & hollandaise sauce wrapped in a tortilla wrap
Thursday	Mexican nachos \$5.00 30g corn chips with a Mexican beef & bean mix Mexican Wrap \$6.50 Beef with lettuce, cheese, tomato, avocado & sour cream wrapped in a tortilla wrap
Friday	Hot Dog plain \$4.00, with cheese \$4.50 or with cheese and bacon \$5.50 Made with a Hans 97% fat free Frankfurt